

Suggestions for Beginners

Individuals who are just starting to learn to skate frequently lack information that many parents and skaters slowly and painfully learn through trial and error.

Skaters, parents, coaches, and judges, who have many years of test and competition experience, offer the following suggestions. They have provided suggested topics that they stress to new skaters.

Understand:

- How to care for skating equipment
- What a well fitted skating boot should feel like
- If you are out growing your boot or it is becoming worn out and needs replacement
- Parts of the blade: rocker and how they function -
 - Toe pick
 - Hollow grind necessary for gliding on edges
 - Sharpness of blade affects sliding sideways
- How the temperature, and hardness of the ice affects blade sharpening
- Rules of the morning practice session and afternoon public skating sessions

Expected behavior of skaters:

- Punctuality – always arrive 10 – 15 minutes early for practice sessions and lessons
- Arrange to attend all classes and practice sessions

- Wear warm clothing and display good grooming habits
- Discipline yourself – no food or drinks on the ice, no gum chewing, no yelling, pushing, or shoving other skaters
- Respect the rights of other skaters
- Obey rules established by the rink and skating club
- Think first and act safely
- If you have a conflict with another skater, ask a coach to assist in resolving the problem
- Focus on what the instructor is says. Don't carry on conversations with other skaters
- Participate in every drill and exercise with your full attention
- Don't bring a negative attitude into the rink and onto the ice.